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READY, SET, GO - ITS SPRING!

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Wellness Is Self-Empowering

Beginning in April, the D.S. community is invited to participate in a 63-day wellness event called the **D.S. Wise Challenge**. Help us become a community where taking care of your health is contagious!

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Planting Hope
In Hearts and Minds



It's that time of year again when I practice my ability to reign in my impulses and keep them in balance with my mind. The sun feels warm on my skin, the temperatures are rising and I begin to see glimpses of Spring in my yard. I survey the dried, dead foliage (more prevalent this year than most) and cannot wait to get out and begin the post-winter clean-up. So I begin to prune and clear debris from the flower beds and the vegetable garden. I rake and weed and **ready** the soil for the Spring plantings. And all would be well with the world if I could just stop there, but that is when my impulses lure me into trouble.

As I stand and survey my neatly prepared beds, I begin to picture what I want to plant, how beautiful it's going to look and how fabulous those tomatoes are going to taste. I think about going to the garden center—just to look around of course, because my mind knows that the first week of March is too early to plant tomatoes. At the garden center, I justify actually buying the plants today because the shipment is so fresh, and after all, I can keep them in the garage for a couple of weeks until the last freeze has passed. Once I get home, my impulses encourage me to **set** the containers out in the yard, just to see how the spacing will look.

Hmm, yes, well I'm sure you can see what a slippery slope this can create; and how much self-leadership is required to stay on course. You see, I know that the first week of March is too early to plant most of my yard from my experience of having to replant things I put in too early. (That, and having a friend who is like a walking Farmer's Almanac!) But on a beautiful 70-degree day, when everything "feels" like it's Spring, it can be hard to override my emotional impulses with a better choice.

It is our practice of this over time that creates wisdom and self-control: the ability to delay gratification for the greater benefit of perfect timing and working with the flow of the natural world. How many times do we try to force people and events to fit our timing rather than moving with the energy of life as it unfolds? How much work and unnecessary suffering do we create as a result?

As I head out into my yard this year, I plan to practice each step of getting ready, getting set and then waiting to hear the **go** of Spring.

Mindful Connections

A program devoted to your body, mind and spirit.

I am pleased to host **Mindful Connections** with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at www.kdrplive.org. You can also listen to podcasts of recent shows on the website at your convenience. Just click on the **Mindful Connections** tab on the left side of the homepage and choose the show you want to listen to.

Our March shows will focus on the themes of moving with the cycle of life; preparing for Spring, renewal, reinvention, and using nature to stay grounded in a technological world.